

CALL TO MEET

(UPDATED JUNE 2019)



START YOUR ENGINES ODP JANUARY 25-26, 2020



GET THE NEW YEAR STARTED OFF RIGHT!!
JOIN US IN A RACE TO START THE SEASON WITH A BANG!!



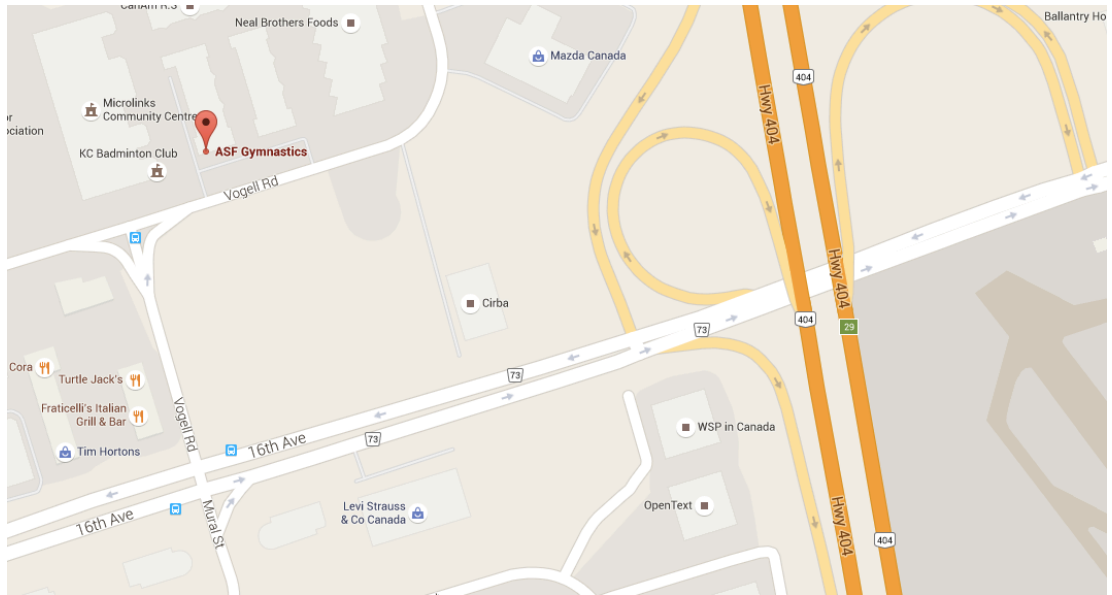
HOST CLUB	ASF Gymnastic Club 40 Vogell Road, Unit 32, Richmond Hill, Ontario L4B 3N6 Tel: 905-780-0913 Fax: 905-780-0915 Website: http://asfgymnastics.ca/hosted-competitions/
MEET DIRECTOR	Ron Ophir asfcompetitions@gmail.com Phone: 905-780-0913
COMPETITION VENUE	ASF Gymnastic Club (host club) 40 Vogell Road, Unit 32, Richmond Hill, Ontario L4B 3N6
REGULATIONS	As per the Gymnastics Ontario Technical Rules and Regulations Manual Warm-up Format: ODP standard warm-up. ODP Awards: ODP 6 year old athletes will receive a participation certificate and medal. A record of performance (score sheets) will be provided to the coaches. ODP 7+ year old athletes will be awarded a gold, silver, bronze or merit medal for their all-around achievement. A participation certificate will be awarded. Coaches: Coaches treated to all-day healthy buffet with great food and varied Beverage options. Please inform host club with dietary restrictions. Coaches' draw every session.
REGISTRATION	ODP Fees: \$85 per athlete \$15 per coach Registration Deadline: December 1, 2019 Changes/Refunds: No changes/refunds accepted after December 15, 2019. All refunds are subject to a \$15 administrative fee per athlete. Refunds will be processed after the competition. Method of Payment: POST-DATED December 1, 2019 Cheque (payable to "ASF Gymnastics") [NSF fee: \$35] Submission Instructions: <ol style="list-style-type: none"> Registration is on a first-come first-serve basis. Forms and payments must be in to secure spots. E-mail your Registration Form (use template provided for this meet) to asfcompetitions@gmail.com. We recommend that you also include an image (scan or picture) of your post-dated cheque along with the form. Mail printed copy of form and POST-DATED cheque: payable to "ASF Gymnastics". Post-dated December 1, 2019. Send to: ASF Gymnastic Club, 40 Vogell Road, Unit 32, Richmond Hill, Ontario L4B 3N6. You will receive confirmation once payment and printed form are received.

All changes as per the Gymnastics Ontario Technical Rules and Regulations Manual and host club availability.

EQUIPMENT	<p>Speith Anderson</p> <p>Vault runway length 24 m.</p> <p>Floor is close to wall.</p>																								
MEDICAL	<p>First Aid Certified Personnel On-Site.</p> <p>Gymnastics Ontario sanctioned events are NOT guaranteed to be Peanut/Tree Nut Free events.</p> <p>Attendees are asked not to bring peanuts, peanut products, or products containing traces of peanuts or tree nuts into the gymnasiums/venue and/or change rooms where participants are present. Host clubs have been asked to refrain from serving/selling items with peanuts, peanut products, or products containing traces of peanuts or tree nuts at this event. Gymnastics Ontario asks for your assistance in supporting an inclusive environment for all participants.</p>																								
COACH REQUIREMENTS	<p>Every coach requiring access to the competition floor must be in possession of their Coach ID. As such all coaches are strongly advised to make sure their Photo ID is updated and must present it at the coach’s registration desk at every competition they are attending.</p> <p>Please see coaching requirements for floor access: http://www.gymnasticsontario.ca/coaching-requirements/</p> <p>Provincial Coaches must be fully certified <u>NCCP Level 2 Women’s Artistic or Competition Introduction 1 (with MED)</u> and have up to date <u>Risk Management certification (Respect in Sport)</u> to be eligible for the competition floor.</p> <p>National Coaches must have their NCCP Level 3 Theory and Technical (minimum) in addition to their NCCP Level 2 certifications.</p> <p>In case of a lost, stolen or forgotten ID, coaches will be required to sign form number CP001 stating the coach does have the minimum certification for verification. The host club registration desk will have this form available.</p> <p>If need to request a coaching ID please visit the GO website: http://www.gymnasticsontario.ca/education/coach-ed/coach-id-application/</p> <p>It is the club’s and individual coach’s responsibility to ensure they have the correct certifications and coaching ID for competition. For further NCCP or Coaching ID information, please contact the Education Coordinator, Danielle Hilliard at education@gymnasticsontario.ca.</p>																								
ADMISSIONS	<table><tr><td></td><td colspan="2">CASH ONLY</td></tr><tr><td></td><td>1 Day</td><td>2 Days</td></tr><tr><td>Adult/Teen (13 years of age and older)</td><td>\$10</td><td>\$15</td></tr><tr><td>Child 3-12 years of age</td><td>\$5</td><td>\$8</td></tr><tr><td>Child under 3</td><td>free</td><td>free</td></tr><tr><td>Senior</td><td>free</td><td>free</td></tr><tr><td>Family of 4 (up to 2 adults/teens)</td><td>\$25</td><td>\$40</td></tr><tr><td colspan="3">All Athletes competing in the competition are not required to pay an admission fee throughout the weekend.</td></tr></table> <p>“Best Seat in the House” raffle: buy your raffle ticket(s) and get a chance to sit close to the action, while you dine on tasty food and drinks.</p>		CASH ONLY			1 Day	2 Days	Adult/Teen (13 years of age and older)	\$10	\$15	Child 3-12 years of age	\$5	\$8	Child under 3	free	free	Senior	free	free	Family of 4 (up to 2 adults/teens)	\$25	\$40	All Athletes competing in the competition are not required to pay an admission fee throughout the weekend.		
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FOOD & BEVERAGES	<p>Snack bar available on site throughout the competition with a wide selection of food and beverages. Cash only.</p>																								
ACCOMMODATION	<p>The participants must pay for their accommodation costs.</p>																								

ADDITIONAL INFORMATION

Location of Competition Venue:



Directions from south via Highway 404

Take 404 North to 16th Avenue. From interchange, take a right (west) onto 16th Avenue West (right). At the second traffic light, take a right onto Vogell Road going north. At the stop sign, veer to the right to stay on Vogell Rd. Venue located at 2nd driveway on left (building #40).